



City of Newton, MA

INVEST IN YOURSELF

October 2012 Health and Wellness Newsletter for Employees

**Missed getting
a flu vaccine?
Call x1427**

Zumba

Moved to
Wednes-
days!
City Hall War
Memorial
5:15 to 6:15 p.m.



Pay by the session or \$10
drop in per class
Email
wellness@newtonma.gov

The City Hall Health
Maintenance Clinics are
suspended this month due
to flu clinics.

However, anyone who
needs their blood pressure
taken or has a medication
question is welcome to
call x1420 to make an
appointment with a nurse.

October is National Breast Cancer Awareness Month

Next to skin cancer, Breast Cancer is the most common kind of cancer in women. One in eight women will develop breast cancer in their lifetime, so it is important for every woman to talk to her doctor about her risk including family history of breast or ovarian cancer. Depending on risk factors and medical history, the doctor will decide how often to order a screening mammogram.

Although less common, breast cancer can affect men and women under 40.

It is important for men to see their doctors if they feel a lump in their chest. It is also important for younger women to be aware of lumps found by self-examination.

There are many different kinds of breast cancer and treatment options for each kind. As for many other diseases, *early intervention and prevention is key*. Here are some things to lower the risk:



- **Get screened regularly**— yearly physicals and mammograms (depending on risk determined by the doctor)
- **Control weight and exercise**— regular physical activity, eating healthy, and limiting alcohol intake are important for many aspects of health including lowering breast cancer risk.
- **Knowing family history**— Breast cancer commonly runs in the family and knowing your family history can be an important factor in how often you are screened
- **Know the risks and benefits of hormone replacement therapy**

October is National Domestic Violence Awareness Month

During this month, domestic violence agencies and community organizations join together to promote greater public awareness and education about the impact of domestic violence on individuals, families and communities.

Domestic violence is an epidemic in our country. One in four women will report experiencing physical or sexual abuse in their lifetime. While the reported numbers are smaller, men are also victims of intimate partner violence. Research also shows that one in ten teenagers will experience physical or sexual abuse in a dating relationship before they turn 18. And, while a bad economy does not cause domestic violence, financial strain can make it worse as there are fewer personal and public resources available to help victims find safety. On one day in 2011, domestic violence organizations across Massachusetts served 1,799 victims of domestic violence; unfortunately, 479 victims were turned away from programs and services stretched beyond capacity.

Every person can take a stand to protect survivors and end domestic violence in our communities. It is most important to speak up about domestic abuse: with your friends and family members, to your neighbors, in your local schools and civic groups, and at community gatherings. Abuse thrives in isolation and silence; it is only when we name abusive behaviors that we protect survivors and strengthen our communities.

Talk with teens about healthy – and unhealthy – relationships. Research indicates that teens who feel more connected to family and adult mentors are more likely to disclose experiences of dating abuse and less likely to engage in risky coping mechanisms (such as substance use, self injury, etc).

This article was contributed by REACH Beyond Domestic Violence, a non-profit organization providing safety and support to survivors of abuse while engaging communities to promote healthy relationships and prevent domestic violence. www.reachma.org

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City of Newton, MA

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October 2012

Domestic Violence Awareness Month continued from front page...

For parents with young children, begin having conversations about relationships and intimacy from an early age. The more frequently kids engage in open communication with their parents, the easier it is for them to ask difficult questions about intimate and dating relationships during adolescence. Further, as children learn attitudes, beliefs, and behaviors through verbal and non-verbal interactions, it is important to model mutually respectful relationships.

For parents with teens, it is important to continue conversations about dating relationships. Be candid and honest with your teens, drawing upon personal experience to illustrate healthy/unhealthy dating scenarios. If you suspect your teen is experiencing abuse, it is important to remain nonjudgmental and supportive. Let your teen know you are concerned for their safety and identify specific unhealthy behaviors you have noticed in the relationship. Ultimately, tell your teen that you love them and that they can come to you to talk if and when they want to.

If you or someone you know is involved in an unhealthy relationship or experiencing abuse, you can call the REACH hotline at 1-800-899-4000. If you have questions about how to get involved in preventing and ending domes-

Concussion Safety



It's October, the new school year is in full swing! Starting school means starting sports for a lot of kids. In the media we hear stories about professional athletes suffering concussions. Nathan Horton and Marc Savard on the Boston Bruins, the tragedy this May of Junior Seau, and many more professional athletes miss significant portions of their seasons and careers because of concussions. Educate yourself and your child about how to identify concussion symptoms and get the proper treatment from a doctor. Some symptoms include: appearing dazed or stunned after a fall, forgetting instructions, nausea, headache, blurry vision, etc... If you are worried that your child or someone you know has had a concussion, consult a health care provider immediately and do not return to sports/strenuous activity until cleared to do so.

HALLOWEEN CANDY TIPS



It's easy to overeat Halloween candy this time of year. Here are some tips to avoid the candy hangover that ruins all your hard work:

- Buy candy that you don't like for trick-or-treaters
- Read nutrition labels: Learn what a "serving" is and make conscious lower fat and sugar choices.
- Skip the office candy bowl. Walk

the other way, or talk your co-workers into getting rid of the bowl altogether.

- Store candy, including your child's trick or treat bounty, out of sight to limit candy grazing opportunities
- Skip the Halloween candy sale on Nov. 1. It's cheap, but you don't need it!

Recipe: Spicy Jack-o-Lantern Seeds

Ingredients:

Freshly-scooped-from-the-pumpkin seeds (1 cup)
Olive Oil (3/4 tsp.)
Salt (1/2 tsp.)
Chili Powder (1/4 tsp.)



Directions:

- Turn the oven on the 325 degrees
- Put the pumpkin seeds on a baking sheet in a single layer and add the oil, salt, and chili powder (if you like spicy). For an added touch, drizzle some Worcestershire sauce on the seeds.
- Mix everything together.
- Bake the seeds for 35-40 minutes or until golden brown. Use the wooden spoon to stir them every now and then.
- Set aside to cool for 20 minutes or so and enjoy!
- Pumpkin seeds are delicious as a crunchy topping on salads or on a creamy soup!